

## Halloween and Air Cadets come to Hengist Field Care Home



**We've had a great week at Hengist Field Care Home, with all sorts of activities filling up our social calendar.**

We celebrated Halloween together on Wednesday and our residents and staff had so much fun dressing up in their creepy costumes and wearing scary face paints! We all enjoyed the props, decorations and Halloween cakes.

On the evening of Thursday 1 November we were pleased to welcome some young Air Cadets to our **Home**. They came to spend time with our ladies and gents, visiting some residents in their rooms to reminisce about the past, which was very special for them.

We've been keeping active recently too - and our resident Peggy enjoyed her armchair exercises, with a big smile on her face! We've also had our games out, including table top snacks and ladders, which is always very popular.











